

## A message to neighbors of the Vermont Yankee Nuclear Power Station

### Emergency Information

This important information is provided to you as a public service by the New Hampshire Department of Safety, Bureau of Emergency Management and Vermont Yankee.

It tells you what to do in the event of an emergency at the Vermont Yankee Nuclear Power Station.

Some of this information would also be useful in other emergencies requiring public notification and possible public response. Such emergencies may include train derailments, chemical spills, floods, hurricanes, earthquakes, and tornadoes.

**Please read this calendar and keep it  
in a safe and accessible place.**

## About Vermont Yankee

The Vermont Yankee Nuclear Power Station in Vernon, VT is a single-unit “boiling water reactor.” At Vermont Yankee, water is heated to produce steam that flows to a turbine. The turbine rotates and spins an electric generator producing electricity—just as in a coal or oil-powered power plant.

The steam then goes into a heat exchanger called a condenser, and becomes water when cooler water from the Connecticut River flows through tubes containing the steam in the condenser. The condenser is designed to keep steam from the turbine separate from the water that is drawn from and returned to the river. This process is similar to any power plant that uses steam. Once the steam in the condenser becomes water, it is pumped back into the reactor to be boiled again. The plant produces 540 megawatts of electricity daily, enough electricity to light 540,000 homes, operating safely and reliably since 1972. Vermont Yankee, like all nuclear power plants, does not produce greenhouse gases or other air pollutants.

### Vermont Yankee Safety Systems

Vermont Yankee, like all American nuclear power plants, has numerous safety features designed to protect the plant, the environment and the health and safety of the people around the plant if a problem occurs.

These safety systems include:

- Several separate sources of cooling water to prevent the fuel from overheating in normal and emergency conditions.
- Backup systems and components for key plant functions.
- A leak-tight steel-lined, steel-reinforced concrete containment building.
- Backup electric power supplies to operate all key components.

## Emergency Classifications

If an emergency is declared at the Vermont Yankee Nuclear Power Station, it would be categorized into one of four emergency levels.

- **Unusual Event:** This means a minor problem has occurred at the plant. It may involve injury to a worker, hazardous weather or an equipment problem. Public officials would be notified, but there would be no need to notify the public. People in the area would not need to take any special actions.
- **Alert:** This could affect plant safety but it is not expected to require any special actions by residents. Public officials would be notified. They would watch the situation and be ready to act if it got worse. As a precaution, public officials may mobilize transportation resources. They may transfer school children to host facilities outside the area and clear state forests and waterways. Emergency Alert System radio or news broadcasts would inform the public of these actions.
- **Site Area Emergency:** This means a more serious problem has occurred. A small release of radioactive materials from the plant is possible. State and local officials would keep persons in the area fully informed about any necessary actions through Emergency Alert System radio stations. As a precaution, public officials would transfer school children to host facilities outside the area if this had not already been done. Other precautions would be called for by state officials, as needed.
- **General Emergency:** This is the most serious type of emergency. It could involve serious damage to the plant and the release of radioactive materials. State officials might order persons in the area to shelter-in-place or to evacuate to a safer location. Warning signals would notify persons in the area. Special instructions and other important information would be issued over the Emergency Alert System radio stations.

## Are you in the Emergency Planning Zone (EPZ)?

The area approximately 10 miles around the Vermont Yankee Nuclear Power Station is called the Emergency Planning Zone (EPZ). Plans have been developed for warning and protecting people within this 10-mile area (refer to the map on page 7). New Hampshire communities in the EPZ are:

**Chesterfield, Hinsdale, Richmond, the Westport section of Swanzey and Winchester.**

Neighboring states have towns in the EPZ as well. Those towns are **Bernardston, Colrain, Gill, Greenfield, Leyden, Northfield** and **Warwick** in Massachusetts. The towns of **Brattleboro, Dummerston, Guilford, Halifax** and **Vernon** are included for Vermont.

## How You Will Be Notified of an Emergency

If there is an emergency requiring public notification, you will be alerted by one or more of the following warning signals:



Tone-Alert (Weather-Alert) Radio sounding a tone followed by a message.



The loud, steady tone of the emergency management siren, lasting 3 to 5 minutes. (Hinsdale, Winchester and Swanzey.)



Broadcasts from loudspeakers on emergency vehicles. This is known as "Route Alerting."



Special announcements on local Emergency Alert System radio stations.



A message on TTYs (telecommunication devices for the deaf) if you have registered with your town's emergency management office to be notified over TTY in case of an emergency.

**If you hear any of these signals, tune to an Emergency Alert System radio station immediately.**

Check with your neighbors, especially the elderly or those who have difficulty hearing or seeing, to make sure they have received the warning signal and know what to do.

## Do You Need a Tone-Alert Radio? (Weather-Alert, All Hazards Radio)

If you live in the towns of Chesterfield, Richmond, or the Westport section of Swanzey you are in the Emergency Planning Zone and should have a Tone-Alert Radio. This is the primary means of notification in the event of an emergency at Vermont Yankee. If you live in Hinsdale, Winchester or Swanzey and do not hear the monthly siren test (see page 10) then you should have a Tone-Alert Radio. If you do not have one, or if yours is inoperable, you can obtain one from your town Emergency Management Director or by completing the request card included inside this calendar. If you are in need of a new battery(s) for your radio, a listing of Emergency Alert System (EAS) radio stations, or instructions on radio use, please contact your Emergency Management Director (see page 9). If you are in need of any of the above information and find it more convenient, you may contact Vermont Yankee Toll Free at 1-888-766-3765.

It is very important to keep your radio plugged in at all times. You should check your radio's operability by battery as well in case of a power failure. Please leave your Tone-Alert Radio on the alert status at all times. Your radio may sound for any number of emergencies such as a weather emergency or natural disaster. We suggest that you place your radio near a window in your home. Radios typically have better reception if placed near an "open" area of your home or business.

Tone-Alert Radios are tested weekly on Wednesday mornings between 10 and noon. If your radio does not go on automatically during these weekly tests it may be defective. Contact your local Emergency Management office at the number listed on page 9 to have it checked and replaced if necessary.

Special Tone-Alert Radios for the deaf or hard of hearing are available for distribution to residents living in the Emergency Planning Zone (EPZ) towns of Chesterfield, Hinsdale, Richmond, the Westport section of Swanzey, and Winchester. These special Tone-Alert Radios are available free of charge to hearing impaired residents from their local Emergency Management office (see page 9) or from Vermont Yankee by calling 1-888-766-3765.



## Emergency Alert System (EAS)

If you are alerted by a warning signal, you should tune to a local Emergency Alert System (EAS) station for emergency instructions. EAS is the direct link between you and the people responsible for your safety. Instructions will be given to you at any hour, day or night, and will include recommendations as to what you should do for your protection. Follow instructions carefully. Do not worry if you miss the beginning of an emergency broadcast as information will be provided regularly.

### EAS Stations

New Hampshire	<b>WKBK</b>	Keene	1290	AM
	<b>WKNE</b>	Keene	103.7	FM
	<b>WZBK</b>	Keene	1220	AM
	<b>WOOL</b>	Keene	98.7	FM
	<b>WYRY</b>	Keene	104.9	FM
Vermont	<b>WTSA</b>	Brattleboro	1450	AM
	<b>WTSA</b>	Brattleboro	96.7	FM
	<b>WKVT</b>	Brattleboro	1490	AM
	<b>WKVT</b>	Brattleboro	92.7	FM
	<b>WVPR</b>	Brattleboro	94.5	FM
	<b>WVPR</b>	Windsor	89.5	FM
	<b>WRSY</b>	Marlboro	101.5	FM
	<b>WVAY</b>	West Dover	100.7	FM
Massachusetts	<b>WHYN</b>	Springfield	560	AM
	<b>WHYN</b>	Springfield	93.1	FM
	<b>WHMQ</b>	Greenfield	1240	AM
	<b>WHAI</b>	Greenfield	98.3	FM
	<b>WPVQ</b>	Greenfield	95.3	FM
	<b>WRSI</b>	Northampton	93.9	FM

In an emergency, always listen to an Emergency Alert System radio station in the state you are in. If you are visiting Massachusetts or Vermont and an accident occurs, listen to one of the radio stations listed for the state you are in. All above stations operate 24 hours a day.

## What to Do When Told to Shelter-In-Place

You may be instructed to shelter-in-place, which means you should immediately go indoors. If a shelter-in-place message is given for your community over the Emergency Alert System radio station, you should do the following:

- Go indoors and close all doors and windows.
- Turn off all window fans, air conditioners, clothes dryers, kitchen and bath exhaust fans, and other sources of outside air.
- Continue to listen to your EAS radio station for official messages and instructions.
- Keep pets indoors.
- If you have livestock, shelter them too. Give them stored feed and water from a covered source.
- Stay inside until officials say otherwise. If you must go outside, cover your nose and mouth with a folded, damp cloth. Persons with respiratory disorders should not go out at all.
- If you are traveling in a motor vehicle in the affected area, close the windows and air vents and turn off the heater or air conditioner. Keep the radio tuned to an EAS station.
- Go inside a nearby building. If none is available, leave the area immediately.
- If sheltering-in-place is recommended during school hours, children will be sheltered in the school building and cared for by school personnel.
- **DO NOT** use your telephone except for a police, fire, or medical emergency.

## Plans for Children in School or Day Care

**Schools:** During an emergency, precautionary actions could be taken to ensure the safety and security of school-children. These actions could include school closing or precautionary evacuation of schools and could be taken before actions were needed by the general public.

If an emergency existed before the start of the school day, schools could be closed, as they are when there is the danger of a winter storm.

If schools were in session, students could be evacuated early. If so, responsible school officials would take the children to the reception center listed on pages 7 and 8. Parents would meet their children at the reception center. To help the evacuation effort, you are asked not to go to your children's schools to pick them up.

Do not try to call the school. The phone lines would be needed for official business.

**Day Care Centers:** During an emergency, day care centers will be notified by local officials. Parents will be notified of this by telephone, if possible, and asked to pick up their children. Any children not picked up will be taken to the reception center.

**Parents should listen to a local Emergency Alert System radio station to confirm this information at the time of an emergency.**

## When Told to Evacuate

If an evacuation is necessary, public safety officials will tell you over the Emergency Alert System radio station what to do. DO NOT evacuate unless directed to do so by public safety officials. When told to evacuate you should:

- Gather all persons in the house together.
- We recommend you DO NOT pick up children at their schools. They will be taken to a designated reception center outside the area where you may pick them up later.
- Household members outside the area may be advised not to return during an evacuation. They will be directed to the reception center where they can join you.
- DO NOT call your local fire or police departments for information. Emergency workers will need their telephone lines for emergency use. If you need special help call your local Emergency Management Office at the number listed on page 9.
- Stay tuned to an Emergency Alert System Radio station. (See page 4 for listing.)

## What to Do as You Leave

- Turn off lights and unnecessary appliances.
- Close and lock windows and doors.
- Check with neighbors to see if they need assistance and offer to share transportation, if you can.
- If you need a ride, try to get one with neighbors.
- If you cannot get a ride and have not registered with your local Emergency Management Office for transportation assistance in an emergency, call the office at the number listed on page 9. Emergency workers will arrange transportation for you.
- If you have livestock, shelter them. Leave them a three-day supply of stored feed and water that has been protected from possible contamination.

## Here are Some Things You May Want To Take With You

Just take essential items you would need. You could be away from home for a few hours to a few days. These are suggestions that apply to any type of emergency evacuation.

- This calendar
- Clothing for several days
- Toilet articles (soap, toothbrush, toothpaste, shampoo, etc)
- Prescription medicines, medical equipment and important medical records
- Special dietary foods
- Baby supplies, diapers
- Blankets, pillows, and towels (if you stay at a public mass care shelter)
- Identification (drivers license) and important papers
- Checkbook, credit card, and cash
- Pet supplies if you are taking a service animal or pet
- Do not bring alcohol or weapons

For additional information and checklists, visit the American Red Cross website at [www.redcross.org](http://www.redcross.org).

## About Your Pets

Only seeing-eye and hearing-aid dogs will be allowed inside the reception centers and mass care shelters.

If you decide to leave your pets at home, provide them with shelter and a three-day supply of food and water.

- If you must evacuate, the most important thing you can do to protect your pets is to evacuate them too. Prepare for the day when you and your pets may have to leave your home.

## More About Pets

- Since most human shelters will not accept animals, compile a list of places you could take your pets to if you evacuate your home: boarding kennels or veterinary hospitals with boarding facilities outside your area, friends or relatives outside the affected area, motels that will accept you and your pets in case of emergency.
- Prepare an emergency kit for your pets with: copies of your pet's vaccination and medical records, a current photograph, collars and leashes, 3-day supply of water and food in moisture-proof containers, bowls, litter and litter box, first aid kit, and a week's supply of any medication your pet may be taking.
- Ensure your pet wears a collar with a current license tag, rabies tag and identification tag with your name, addresses and phone number of a relative who lives outside the area who can be contacted if you cannot be reached.
- Get a sturdy pet carrier for each of your pets. Favorite toys or blankets will provide comfort to your pet should you be temporarily separated.

For more information on disaster preparedness for pets, visit The Humane Society of the United States website at [www.hsus.org/hsus\\_field/hsus\\_disaster\\_center/disaster\\_preparedness\\_for\\_pets/](http://www.hsus.org/hsus_field/hsus_disaster_center/disaster_preparedness_for_pets/)





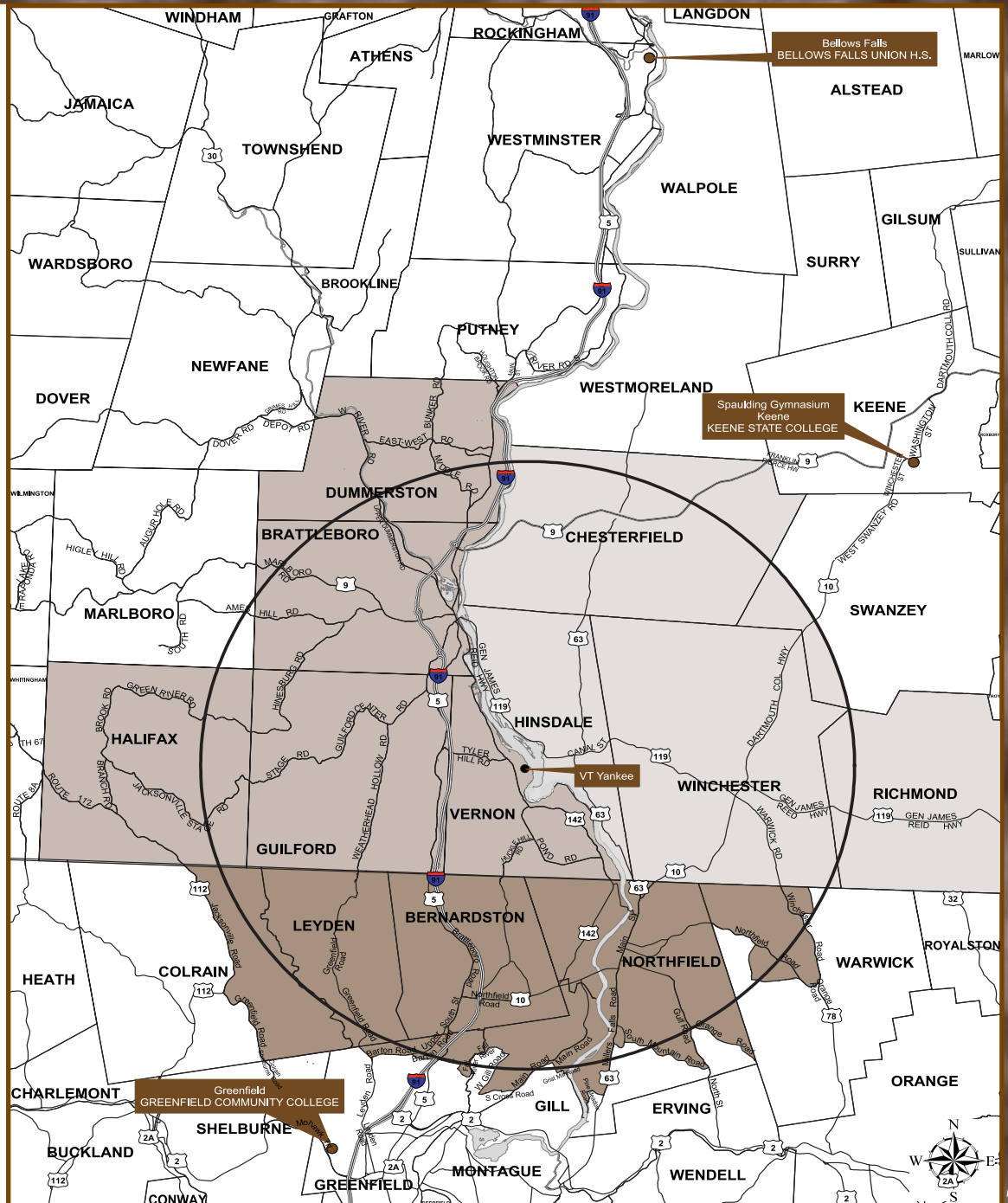
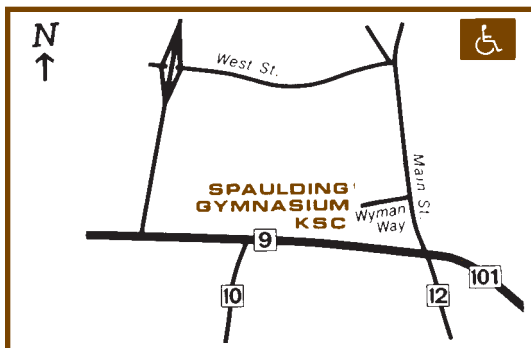
## How to Travel

- While traveling in your car, close all windows and vents and turn off heaters or air conditioners as you go to the reception center.
- Keep the car radio tuned to an Emergency Alert System station.
- Drive out of the area to the reception center along one of the routes shown on pages 7 and 8.

## New Hampshire Reception Center

A reception center is available if you are asked to evacuate. The reception center for Chesterfield, Hinsdale, Richmond, the Westport section of Swanzy and Winchester is the Spaulding Gymnasium, Keene State College, Keene, New Hampshire.

The Reception Center is operated by the New Hampshire Department of Health and of Human Services.



Follow directions of police and other traffic officers. Stay tuned to your local Emergency Alert System radio station for special instructions for your area. Take your time; instructions will be given in plenty of time to allow you to evacuate safely. If you require emergency Police, Fire or Ambulance assistance, call: (603) 352-1100. Use this number for emergencies only.

At the Center you will be referred to agencies that can provide the assistance you need, for example; food, bedding, first aid, or possible medical referral assistance. A locator service is available to assist you and members of your family in locating one another if you are separated during an emergency. Pets, firearms, illegal drugs, or alcohol are not permitted at the reception center or mass care facilities.

You will be registered and you may be checked for contamination. Emergency workers will decontaminate and care for anyone needing this type of assistance. If you have any additional needs, officials will assist you. At the reception center, you will be directed to a mass care shelter offering meals and overnight lodging, or you may choose to stay with friends or relatives outside the area until the emergency is over.

### Out-of-State Reception Centers:

There are other reception centers that serve the Vermont Yankee 10-mile Emergency Planning Zone. These include:

- Bellows Falls Union High School, Bellows Falls, Vermont
- Greenfield Community College, Greenfield, Massachusetts

## Directions to Reception Centers

Major roads and arteries will be used during an evacuation. A map showing the major roads and arteries is provided in this calendar. Follow directions of police and other traffic officers. Stay tuned to a local EAS radio station for special instructions. Take your time; instructions will be given in plenty of time to allow you to evacuate safely.

### CHESTERFIELD

Proceed via Route 9 east toward Keene for approximately 10 miles. This Route will become Route 101 east. Follow for 1 mile and then turn left onto Main Street. Proceed .2 miles and turn left onto Wyman Way.

### HINSDALE

Proceed via Route 119 east to Route 10 north and follow that for approximately 12 miles. Turn right onto Route 101 east. Follow for .7 miles and then turn left onto Main Street. Proceed .2 miles and turn left onto Wyman Way.

### RICHMOND

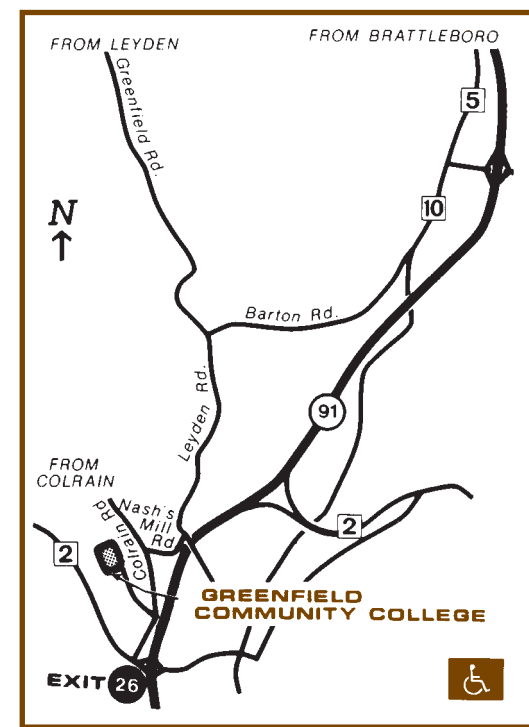
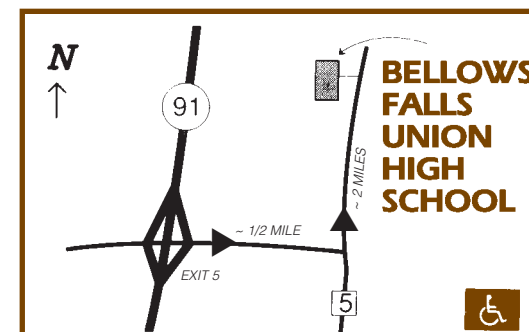
Proceed to Route 32 North into Swanzey until reaching Route 12 intersection, approximately 12 miles. Bear left and continue North on Route 12 for 2 miles to the Bypass intersection. Proceed straight through and onto Main Street. Proceed .2 miles and turn left onto Wyman Way.

### SWANZEY

Proceed via Route 10 north until you reach Route 101 east. Turn right onto Route 101 and follow for .7 miles. Turn left onto Main Street. Proceed .2 miles and turn left onto Wyman Way.

### WINCHESTER

Proceed via Route 10 north for approximately 10 miles. Turn right onto Route 101 east. Follow for .7 miles and then turn left onto Main Street. Proceed .2 miles and turn left onto Wyman Way.





## People With Special Needs

Let your local Emergency Management Director know in **advance** if you need any special assistance during an emergency. Special help can be made available to you.

Your local Emergency Management Organization is prepared to help you if you have a special need and would need assistance during a public emergency. If you or someone in your household would need special help being notified of an emergency, sheltering-in-place, evacuating, or staying in a mass care shelter, please let the Emergency Management Director know immediately. Special help is available, but is best planned **before** an emergency happens. Please fill out the confidential special needs card inside this calendar. **A new card should be sent in every year to update your information.**

If you know someone who is blind or might have difficulty reading this calendar, please read it to them. Emergency information is also available on a cassette tape and is available at your town library.

If you are hard of hearing and would need to be notified on a TTY (telephone device for the deaf) of a public emergency, please notify your local Emergency Management Office. You may use the special needs card inside this calendar.

**ALL INFORMATION IS STRICTLY CONFIDENTIAL  
AND FOR USE DURING AN ACTUAL EMERGENCY.**

If you have children who might be home alone, make sure they understand the information in this calendar and know what to do in an emergency. It is especially important that they know how to tune to their Emergency Alert System radio station.

## Important Telephone Numbers

Remember, in a public emergency, do not use your telephone except to request help if you need it. For information, listen to your local Emergency Alert System radio station. It is important to leave telephone lines open and emergency workers available for people who need immediate help.

### For Help During an Emergency

Chesterfield.....	(603) 363-4133
Hinsdale.....	(603) 336-5717
Richmond.....	(603) 239-6589
.....	(603) 239-4232
Swanzey.....	(603) 355-8852
Winchester.....	(603) 239-8103
.....	(603) 239-4814
New Hampshire Bureau of Emergency Management.....	603-271-2231
.....	(NH only) 1-800-852-3792
Public Inquiry.....	(NH only) 1-800-458-2407
TTY Number.....	603-271-2254

The toll free 800 number functions only within the State of New Hampshire.

### For Emergency Planning information in advance, contact your Emergency Management office:

Chesterfield.....	(603) 363-4624
Hinsdale.....	(603) 336-5717
Richmond.....	(603) 239-4232
Swanzey.....	(603) 355-8852
Winchester.....	(603) 239-4814

**New Hampshire Bureau of Emergency  
Management website at: [www.nhoem.state.nh.us](http://www.nhoem.state.nh.us)**

## Other Important Information

### Information for Farmers

For information for farmers and food processors, contact:

Department of Agriculture, Markets & Food  
10 Ferry St. 4th Floor  
Concord, NH 03301  
1-603-271-2404

Office of Public Health  
29 Hazen Drive  
Concord, NH 03301  
1-603-271-4656



### Emergency Plan Testing

To make sure that the emergency plan works well, it is tested regularly. This testing is called an exercise.

Emergency workers and public officials simulate a serious problem and go through the emergency actions in the plan. You can read about these tests in the newspaper before they take place.



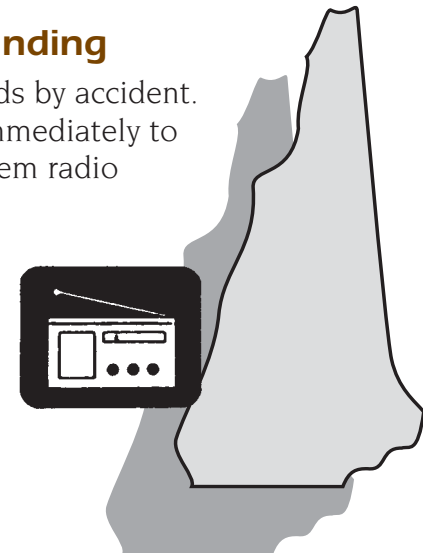
### Siren Testing

One of the ways you can be alerted of an emergency is by the emergency sirens sounding for a full three minutes or longer. The sirens are tested on a regular basis. So there will be no confusion as to the intent of a sounding siren, the following is a list of testing days and times for the emergency management sirens.

Brattleboro, VT	First Saturday of the month at 12 noon
Vernon, VT	First Saturday of the month at 8:00 am
Hinsdale, NH	First Tuesday of the month at 6:00 pm
Swanzey, NH	First Saturday of the month at 12:30 pm
Winchester, NH	First Saturday of the month at 12:30 pm
Bernardston, MA	First Wednesday of the month at 7:00 pm
Colrain, MA	First Saturday of the month at 12 noon
Northfield, MA	First Wednesday of the month at 7:00 pm

### Accidental Siren Sounding

Occasionally, a siren sounds by accident. If you hear a siren, tune immediately to your Emergency Alert System radio station.



## Facts About Radiation

Radiation is one form of energy that has existed on Earth and in the universe since the beginning of time. Radiation takes several forms, none of which can be seen, heard, tasted, smelled, or felt. Scientists know what it is, where it comes from, how to detect and measure it, and how it affects people.

There are many materials in our surroundings that are naturally radioactive and have been that way since the earth was formed. They are in the ground, in our food, in buildings and even in our own bodies. Radiation also comes from outer space. Most of the radiation we receive every day comes from these sources.

Many of us receive man-made radiation, mostly from medical sources such as X-rays or radioactive tracers. Doctors use these methods to help diagnose and treat injuries and illness. Like many useful and beneficial things, radiation in large doses can be harmful. That's why people who work with radiation, like doctors and dentists, take extra precautions such as wearing lead aprons.

Radiation exposure is measured in millirem. The federal government says the average yearly exposure we receive from natural and man-made sources is about 360 millirem. In large doses, radiation may cause observable health problems or may increase the chance of health problems later in life.

In the process of making electricity, nuclear power plants produce radioactive materials. The nuclear fuel inside the nuclear power plant is highly radioactive and that is why large amounts of concrete and steel are used in containing the radioactivity within the reactor. Radiation guidelines for nuclear power plants have been established by the

Nuclear Regulatory Commission. These guidelines are designed to protect both the public and workers from unnecessary radiation exposure during the operation of nuclear power plants.

It is impossible for a nuclear power plant to explode like a nuclear bomb. Although there could be a serious accident at a nuclear power plant which might release radioactive materials, these serious accidents are very unlikely.

If a serious accident happened, people living near the plant would be asked to reduce exposure either by sheltering-in-place or by evacuating the area until such time as the radioactive materials had dispersed.

To receive information on the nuclear plant's daily operating status, you may call 1-800-322-0242. In the event of an emergency, the daily status lines would be used for public information, rumor control, and for providing up-to-date reports on plant conditions.

# VERMONT YANKEE

## 1-800-322-0242



## Personal Planning Guide

Fill in these blanks now and go over this information with your family. Decide who would pick up school children at the host school and where to meet if you were apart in an emergency. Be sure children know what to do if they are alone and the sirens sound. Talk to your neighbors so you can help each other if necessary.

It is a good idea to keep some things handy in case of an emergency: portable radio, flashlight, extra batteries. Keep your car in good running order and don't let the gas tank get too low.

**This will all save time and avoid confusion in an emergency.**

My best evacuation route is: \_\_\_\_\_

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My reception center is located at: \_\_\_\_\_

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My school children will be taken to: \_\_\_\_\_

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Prescription medicines I will need: \_\_\_\_\_

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Important papers I will need: \_\_\_\_\_

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I could get an emergency bus at: \_\_\_\_\_

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My local Emergency Management Office

**non-emergency** number

during regular business hours is: \_\_\_\_\_

My local Emergency Management Office

**emergency** number is: \_\_\_\_\_

My local Fire/Police **non-emergency**

number is: \_\_\_\_\_

Other things to remember: \_\_\_\_\_

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# About Potassium Iodide (KI)

## What is potassium iodide?

Potassium iodide is a chemical compound that contains iodine, a chemical necessary for the normal functioning of the thyroid gland. It is known by its chemical symbol, KI. It is manufactured in pill form to be used to prevent the thyroid gland from absorbing a radioactive form of iodine that might be released during an accident at a nuclear power plant. It is intended to protect against thyroid cancer.

## How does it work?

KI protects the thyroid gland by satisfying its requirement for iodine. If someone were then exposed to radioactive iodine it would not be absorbed by the gland. KI has no effect at all on radiation itself. It does not provide protection for parts of the body other than the thyroid and it provides no protection against other forms of radiation. Evacuation remains the primary protective action during a radiological emergency.

## Who can take KI?

Most people can take KI without side effects, but it is a drug and you should consult your doctor before taking any medication. A small number of people could have side effects. Anyone who is allergic to iodine should not take it. People who are allergic to shellfish are likely to also be allergic to iodine.

## Where can I get KI?

KI is available free of charge from the State of New Hampshire to everyone who lives or works within the 10-mile Emergency

Planning Zone around Vermont Yankee. Instructions for ordering KI for yourself and your family are contained in this calendar. Additional copies of the application form may be downloaded from <http://www.dhhs.state.nh.us/DHHS/BRH/ki-distribution.htm>. It may also be ordered by telephone, mail or via the Internet from several sources.

## How will I know when to take it?

To be effective, KI should be taken immediately before or within a few hours after exposure to radiation. You should take it only at the direction of state public health officials who will decide the most appropriate time to do so. That recommendation would be immediately announced through the Emergency Alert System and the news media.

## What would happen if I took KI without direction from emergency officials?

Probably nothing. It is very unlikely that you would suffer any ill effects if you took KI because of a false alarm or "just in case" because you thought there was a radiological emergency under way.

## Should I have KI for my children?

Yes. Children are more susceptible to thyroid cancer than adults because they are growing rapidly. Doses should be given according to the child's weight or age if possible. KI comes in 130 mg pills. Adults 18 years or older or adolescents weighing more than 150 lbs. should take one pill during an emergency when directed by state public health officials. Children aged 3-17 should

take one-half a pill, or 65 mg of KI. Children aged one month to three years should receive one-quarter of a pill, or 32 mg and infants from birth through one month should receive one-eighth of a pill or 16 mg. The pills can be cut with a sharp knife and young children should receive their dose in milk, water, applesauce or pudding. However, in the event of an emergency, a child may be given a whole tablet.

## Where should I store KI?

Like any other medication, KI should be stored at room temperature away from moisture. It should also be kept in an accessible location, so you remember where it is and can get to it in case of emergency. KI has a shelf life of five years.

## Who assumes legal liability of use of KI?

You do. The use of KI is voluntary. No one is required to accept it or use it. If you choose to accept KI from the state distribution program you will be required to sign an informed consent form on which you state that you understand its use and potential risks.

**Order from internet websites:**  
**[www.drugstore.com](http://www.drugstore.com)**

**Anbex, Inc.**  
**IOSAT Tablets**

**Order from internet website:**  
**[www.anbex.com](http://www.anbex.com)**

**Anbex, Inc.**  
**35246 US 19 N. Suite 284**  
**Palm Harbor, FL 34684-1931**

**Remember, evacuation is the most effective protective action.**



## Application Form

The Nuclear Regulatory Commission has enabled each individual who lives or works in an Emergency Planning Zone (EPZ) surrounding either Seabrook Station or Vermont Yankee to receive one 130-mg tablet of potassium iodide from the State of New Hampshire to use in the event of a radiological emergency.

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_

Number Of People At This Address Requesting adult dosage Potassium Iodide: \_\_\_\_\_

Number Of People At This Address Requesting pediatric dosage Potassium Iodide: \_\_\_\_\_

By completing and submitting this application to receive potassium iodide tablets from the State of New Hampshire, I understand the following:

- ▼ The use of potassium iodide is voluntary. I am not required to accept it or use it.
- ▼ Potassium iodide is NOT a substitute for evacuation. Evacuation is the most effective protective action in the event of a radiological emergency.
- ▼ Potassium iodide protects only the thyroid gland from only radioactive iodines. In a radiological release, I would still be vulnerable to possible exposure to other forms of radiation.
- ▼ Children under 14-years of age are most at risk from the effects of radioactive iodines on the thyroid gland.
- ▼ Although KI is generally safe, it can cause: health risks in persons with existing thyroid conditions and those allergic to iodine or shellfish. Anyone considering using potassium iodide should consult with his/her health care provider.
- ▼ I assume full liability for using potassium iodide and for replacing the tablets when they expire.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Mail This Form To:

Bureau of Radiological Health  
Office of Public Health  
29 Hazen Drive  
Concord, NH 03301-6527